Las Vegas
$79* from
westjet.com
WESTJET
*Some restrictions apply. Taxes not included. See westjet.com for details.

The world's largest global newspaper
metro®
VANCOUVER • THURSDAY, JANUARY 8, 2009 metronews.ca

Celebrity Buzz

Clooney, Paris have L.A. linkup
pg 14

'Dino-mite' sale today

AUCTION Some people have coat racks, chandeliers and candelabras made from caribou or elk antlers — but how about triceratops?

Tonight, Maynards is auctioning off 45 fossilized dinosaur skeletons, petrified wood, rocks and gems that have been on display at Telus World of Science since October.

Pamela Findling, communications co-ordinator for Science World, said a triceratops skull, complete platecarpus and eight-metre-long edmontosaurus, are expected to go for $200,000 to $500,000 each.

There are also dinosaur eggs, which are estimated to sell for $30,000 to $40,000, a 30-million-year-old tree trunk, which is running for $500 to $700, and a stegosaurus tailbone for $1,000 to $2,000.

Science World, which can't afford to buy the exhibit, will host the auction.

"All the dinosaurs are real fossils, except the T-Rex replica, which is part of our permanent exhibit (and not for sale)," Findling said.

"(Today) potential buyers can come by and preview the exhibit, and the fossils will be auctioned off (tonight at 7 p.m.)."

She said anyone is welcome to bid on the fossils, and expects museums, private collectors and even some wineries to show interest. "Who wouldn't want a big huge dinosaur in their living room?" Findling said. "So who knows?"

KRISTEN THOMPSON/ METRO VANCOUVER

KRISTEN THOMPSON

Triceratops skull

No. 13 **Swede debut**

DAN RIEDLHUBER/REUTERS

Mats Sundin made his Canucks debut last night, playing in Edmonton against the Oilers. Sundin didn't have any points, but Vancouver won 4-2. Coverage, page 8

Charges of polygamy laid in B.C.

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Two members of the allegedly polygamist community of Bountiful — including leader Winston Blackmore — were arrested yesterday in what B.C.'s Attorney General says is the first time Canada's polygamy law has been enforced.

Blackmore, 52, and James Oler, 44 have been charged with having multiple wives, which is against the law under Section 293 of the Criminal Code.

It's alleged Blackmore has 20 wives and Oler has two.

"I think this situation is intolerable. I don't think right-thinking Canadians want this situation to exist," Attorney General Wally Oppal said.

"We've always felt that there has been exploitation (in Bountiful)," he added. "The question was whether, given our laws, we were in a position to proceed (with charges), and we determined we were."

The RCMP has been investigating allegations of polygamy and exploitation in the small religious settlement near Creston for 20 years.

In 2005, Oppal appointed an independent special prosecutor, Terrence Robertson, to determine whether a prosecution was warranted.

He said it's now up to the courts to decide whether the men's rights to religious freedom will trump the laws prohibiting polygamy.

Blackmore is considered the leader of the community of 1,000 people, who are members of the Fundamental Church of Latter Day Saints.

RCMP Sgt. Tim Shields said there's no indication any of the alleged wives are under the age of 18, but added many of them were likely married at around 15.

"Our goal (yesterday) was to minimize the impact to the community, especially regarding the children," Shields said.

"We are trying to build bridges with the community, so … four plain-clothed officers stayed behind (after the arrests) to speak with them."

Blackmore and Oler were released yesterday afternoon after making their first appearance in court, on the condition they surrender their passports and remain in the province.

If convicted, they could face a maximum of five years in prison.

Legal review

- In June 2007, the province appointed Vancouver lawyer Richard Peck to review the results of a police investigation into polygamous activity in Bountiful.
- Peck concluded there wasn't enough evidence to lay charges of sexual abuse or exploitation, in part because it was hard to find victims willing to testify.

ShareYourViews
vancouverletters@metronews.ca

CANADA'S MOST RELIABLE NETWORK
FEWEST DROPPED CALLS | CLEAREST RECEPTION
rogers.com/reliable
ROGERS™

Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing services of other major wireless providers.
™Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Tainted ecstasy kills man: Police
A 51-year-old man died and a 19-year-old was taken to hospital in critical condition after taking what police believe was tainted ecstasy. The incident occurred Tuesday in the village of Chase, northeast of Kamloops. METRO VANCOUVER

Local

Residents should prepare for flood

Abbotsford activated its emergency operations centre yesterday over concerns of possible flooding in the low-lying region. The city is providing sandbags to residents and suggesting people prepare emergency kits with flashlights, medication, radios and first-aid supplies. METRO VANCOUVER

News in brief

NO LINK Police say there's no evidence a dead Milwaukee man, who had a missing poster of Michael Dunahee in his basement, played any role in the four-year-old Victoria boy's 1991 disappearance.

SAFETY Construction workers in B.C. are in dire need of safer workplaces, according to a study released yesterday. SFU professor John Calvert said B.C.'s Workers' Compensation Act is weak and ineffectual in occupational health and safety.

MISSING The RCMP are asking for public help in finding an Agassiz man who hasn't been seen since Christmas Day. Tommy Shaw, 24, might have been spotted hitchhiking on New Year's Day, but his family said it's not normal for him to go this long without contacting them. METRO NEWS SERVICES

metronews.ca
What's online today.

Video Experts predict Canada's economic fortunes will worsen in 2009 at **metronews.ca/canada**

Lotteries

Lotto 6/49	10, 13, 19, 35, 39 & 41 Bonus 4
BC 49	4, 12, 15, 29, 37 & 42 Bonus 7
Extra	4, 9, 35, 58

These results are not official.

Hotel breathes new life into Eastside supportive housing

JEFF HODSON
jeff.hodson@metronews.ca

The historic Pennsylvania Hotel officially re-opened yesterday — more than a century after it was built — to provide supportive housing for homeless in the Downtown Eastside.

"I'm very happy," said Earl Crowe, who spent the past three years living in a tent in Crab Park before he moved into the hotel last month.

Crowe had resisted living in single-room occupancy (SRO) hotels because he said there was no dignity, nor respect for tenants.

The shared bathrooms, he added, were crowded and disgusting.

"Now, I can have a friend over to have a coffee or a beer at my place … Skid row is a place in your mind, not in your city."

> **"Now, I can have a friend over to have a coffee or a beer at my place … Skid row is a place in your mind, not in your city."**
> Earl Crowe

The $14-million project, which has funding from federal, provincial, municipal and community partners, transformed the 77-room SRO hotel (which closed its doors in 2000) into 44 units of supportive housing.

Each suite has its own bathroom and cooking area, and 12 of the suites are wheelchair accessible.

There is also a new neon sign on the five-storey brick building, a replica of the one that adorned it a century ago.

The Portland Hotel Society will manage the building. The province, which provided $4.6 million for renovations, will also provide an annual grant of $341,000 to allow rents of $375 and 24-hour staff support.

JEFF HODSON/METRO VANCOUVER

Liz Evans, founder of the Portland Hotel Society, seen outside the newly renovated Pennsylvania Hotel in Vancouver yesterday.

Stolen U.S. navy boats found along Sunshine Coast

THEFT Two boats stolen from the United States navy have been recovered by the Mounties in British Columbia.

A 44-foot (13.5 metres) U.S. navy sailboat and a 28-foot (8.5 metres) Boston Whaler were located on communities along the Sunshine Coast.

The two vessels represent only a small portion of the property recovered in a much larger investigation that took place in the U.S. that includes cars, trucks, planes and electronics stolen from the navy over several years.

All of the suspects involved are facing charges in that country, according to RCMP Sgt. Stuart Falebrinza.

The larger boat was found in Sechelt and towed by an RCMP vessel to a secure location.

The Whaler was located at a property in the community of Garden Bay. METRO VANCOUVER

ShareYourViews
vancouverletters@metronews.ca

FREE WIRELESS ACCESS
is now available at Blenz.
Connect, relax and enjoy!
metro Do it daily.
BLENZ COFFEE

Third consecutive record year for organ transplants in B.C.
A record 266 transplants were performed in British Columbia in 2008 — the third consecutive record-breaking year. Contributing factors included a historical high in the number of organs available from people who have died and a 42 per cent increase in the number of donors, B.C. Transplant announced yesterday. METRO VANCOUVER

$10 base wage would slash jobs: Report

NDP critic slams think-tank's claim pay hike would cost B.C. 52,000 positions

Raising British Columbia's minimum wage to $10 per hour could cost as many as 52,000 jobs, according to a report released yesterday by the Fraser Institute.

"(The increase would) have a profoundly negative effect on employment opportunities for young and low-skill workers, and will have almost no effect on those most in need of income and a job," said Niels Veldhuis, director of fiscal studies at the Vancouver-based think-tank.

B.C. NDP labour critic Chuck Puchmayr, who supports a minimum wage increase, called the report biased because it was produced for a "right-wing organization."

"There have been studies in the United States that include research by Nobel laureates that say the opposite," he said. "There hasn't been a minimum-wage increase in B.C. in 10 years … and that has created a lot of working poor."

"There hasn't been a minimum-wage increase in B.C. in 10 years … and that has created a lot of working poor."
NDP labour critic Chuck Puchmayr

The report, titled The Economic Effects of Increasing B.C.'s Minimum Wage, says that past experience across Canada shows a 10 per cent increase in the minimum wage is likely to decrease employment by three to six per cent among all workers aged 15 to 24.

The report says that higher minimum wages can induce high school students to drop out and search for work.

The authors also say there is a general misunderstanding of who earns minimum wage. In B.C., 56 per cent of them were between the ages of 15 and 24, and of those, 87 per cent lived at home with family. METRO VANCOUVER

Memorial today for city firefighter in India crash

DEATH A memorial service will be held this morning for a Vancouver firefighter who died in India after a motorcycle accident.

Cindy Kampmeinert, 41, died Dec. 17 in the state of Goa. According to media reports, she was found by the side of the road by a British tourist who tried and failed to get her admitted to three area hospitals.

Eventually, the fourth hospital he tried admitted Kampmeinert. The delay of several hours before receiving treatment may have contributed to her death.

Today's service will be held at the First Baptist Church (969 Burrard St.) at 10 a.m.

Prior to the service, firefighters led by the Vancouver Fire and Rescue Services band's drum corps and the honour guard will march in columns of four.

Because Kampmeinert was a member of the honour guard, they will march with a "blank file" to symbolize their loss.

METRO VANCOUVER

Man dead, 12-year-old injured in dirt-bike crash

KRISTEN THOMPSON
kristen.thompson@metronews.ca

A 19-year-old man is dead and a 12-year-old boy is in critical condition in hospital after a dirt-bike accident in Delta, police said yesterday.

Delta police Const. Sharlene Brooks said neither the 19-year-old driver nor his young passenger were wearing helmets when they ran into a metal girder blocking access to a construction site on Tsawwassen First Nation Reserve.

The 12-year-old is currently being treated at Children's Hospital in Vancouver.

Brooks said that police will not be releasing the names of those involved at this time.

Theatre **Burning the floor**

JEFF HODSON / METRO VANCOUVER

Ballroom dancers practice in Vancouver yesterday in preparation for the Burn The Floor world tour. The show, on this weekend at the Queen Elizabeth Theatre, features a mix of Latin and ballroom dancing. Visit burnthefloor.com for details.

Heavy rains, mudslides close multiple highways

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Several highways were closed yesterday, including the Coquihalla, after heavy rains melted accumulated snow, leading to mudslides and avalanche warnings.

A mudslide closed all four lanes of the Coquihalla near Hope yesterday morning, and eastbound traffic on Highway 1 was diverted near Laidlaw and Hope also because of an earlier mudslide, CBC News reported.

Highway 1 was also closed between Craigellachie, Revelstoke and Golden due to high avalanche danger, as were several highways in the Kootenays.

Heavy rains are forecast to continue today.

News in brief

VANDALISM A SkyTrain rider grabbed and held an alleged vandal who was trying to run away from transit police officers, Const. Tom Seaman said yesterday. The man was spraying black paint on a wall at the Commercial Street SkyTrain station when he was spotted by police.

INTERNET WorkSafeBC has a new online service offering general information in Korean. WorkSafeBC.com also offers services in English, traditional Chinese, simplified Chinese, Punjabi, French, Vietnamese and Spanish.

VIRUS The Vancouver school board has been hit with a computer virus that's locking accounts at schools and offices, news1130 .com reports. IT experts with the board say the virus made its way on to computers before the anti-virus software had the tools to stop it.

TRIBUNAL The B.C. Human Rights Tribunal has thrown out the case of a Sidney man who said he was fired for preaching at work, cknw.com reports. Seann Friesen worked as a night shift cleaner at a fish processing plant before he was dismissed for refusing to stop trying to convert workers to his religion. METRO NEWS SERVIC-

No ransom request yet for kidnapped Canadian

Canada has not received a ransom demand for a special UN envoy who was abducted in Niger last month, Foreign Minister Lawrence Cannon said yesterday. Robert Fowler, a former Canadian ambassador to the United Nations, and his aide Louis Guay were kidnapped on Dec. 14. **REUTERS**

Canada

Red Bull's language barrier

Red Bull Crashed Ice, a race in which skaters in full hockey gear hurl themselves down a very steep, 550-metre chute of ice, has drawn the attention of Quebec's language police. Scheduled to take place in Quebec City on Jan. 24, the race has no French name. The language police have suggested calling the contest "patinage de descente extrême (extreme descent skating)" but have not yet made an official request. METRO NEWS SERVICES

Soldier facing murder charges released on bail

PETAWAWA, ONT. Canadian Armed Forces Capt. Robert Semrau, charged with second-degree murder in last fall's shooting death of a severely injured Taliban fighter in Afghanistan, was released yesterday from custody.

"I am satisfied on the balance of probability ... that custody is not necessary," Military Judge Lt.-Col. Louis-Vincent d'Auteuil told the hearing.

After being held for eight days, Semrau showed obvious relief.

TORSTAR NEWS SERVICE

Bail

- One of Semrau's bail conditions is that he not possess weapons, ammunition or explosives, even in the course of his military duties.

War resister given the boot

When Kimberley Rivera shipped out to serve in Iraq with the U.S. army in the fall of 2006, she saw herself rebuilding homes, feeding the hungry and helping children.

Barely three months into her 15-month mission, Rivera, a gate guard in Baghdad, had had enough. A young mother herself, she was haunted by the sight of children crying, forever traumatized by the war.

On leave for two weeks, Rivera decided she couldn't go back to war. In January 2007, she packed up her family from Fort Carson, Col., and drove to Canada, hoping to obtain refugee status on humanitarian and compassionate grounds.

Rivera, the first female U.S. Iraq war resister to seek refuge in Canada, was told by the Immigration and Refugee Board yesterday morning that she and her family must leave the country by Jan. 27 or face deportation.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Kimberley Rivera, right, is accompanied by husband Mario and six-week-old Katie yesterday in Toronto after learning she faces deportation if she does not return to the United States. Rivera was the first female U.S. Iraq war resister to seek asylum in Canada.

The decision will force Rivera, 26, to uproot her family — her husband, Mario, and their three children, including six-week-old daughter Katie — from their Toronto home. In the U.S., she faces the prospect of jail for desertion.

TORSTAR NEWS SERVICE

ShareYourViews
vancouverletters@metronews.ca

Canadian soldier dies in Afghan attack

AFGHANISTAN A Canadian soldier has become the 107th to be killed in the Afghan war and three others were injured in southern Afghanistan yesterday when a roadside bomb detonated near their armoured vehicle, military officials said. **REUTERS**

News in brief

SUPREME COURT The country's top court will weigh Wal-Mart's claim that it did not close a Jonquière, Que., store to crush a fledgling union during the winter session that starts this month.

LOTTERY The Ontario Lottery and Gaming Corp. yesterday reached a settlement with Thomas Noftall, who thought he had won $135,000 after purchasing misprinted scratch tickets.

METRO NEWS SERVICES

Got lots to say?
...talk up to
100 minutes for $1
per call within Canada & to the USA!
4¢ per min. after the first 100 minutes

38 min. for $1 per call to China UK
35 min. for $1 per call to France Ireland
30 min. for $1 per call to Israel Italy
25 min. for $1 per call to Hong Kong Greece
11 min. for $1 per call to India
7 min. for $1 per call to Philippines

LooneyCall 10•15•565
For great rates to other destinations check out www.looneycall.com
LooneyCall rates effective January 1st, 2009 and subject to change without notice. Regardless of call duration, $1.00-per-call destinations have a $1.00-per-call minimum charge. Calls to cellular phones and special country code terminations in some international destinations will be billed at a higher rate. For more info call 10-15-565-0.

Japan creates greenhouse gas-monitoring satellite
Japan's space agency will launch a satellite later this month to monitor greenhouse gases around the world, officials said yesterday. The Greenhouse Gases Observing Satellite (GOSAT), to be launched on Jan. 21, will enable scientists to calculate the density of carbon dioxide and methane from 56,000 locations on the Earth's surface. REUTERS

World

Bird flu warning issued

China issued a bird flu alert yesterday after a woman died of the virus, the first such death in the country in almost a year, and closed poultry markets for disinfecting in a province surrounding Beijing. The 19-year-old woman died of the H5N1 virus after gutting nine ducks. Officials say the death appears to be an isolated case. REUTERS

'Ceasefire' in Gaza urged

Israeli aircraft and tanks pounded the Gaza Strip yesterday and troops battled Palestinian guerrillas as U.S. backing of a proposed truce raised hope of an end to the 12-day-old offensive.

"We believe a ceasefire is necessary," Secretary of State Condoleezza Rice said, adding that she was pressing Israel to move forward with an Egyptian truce proposal.

The assault resumed fiercely after a brief pause to let Gaza's 1.5 million people stock up on supplies.

With both U.S. president George W. Bush and president-elect Barack Obama speaking out on the need for peace, officials said Israel had agreed with the "principles" of the Egyptian deal and would send an envoy to Cairo to discuss how to put it into practice, which may yet take time.

However, Israeli ministers put off a decision on whether to launch a new phase of the war. A further 20 people were killed yesterday, bringing total Palestinian deaths to at least 658. REUTERS

Ottawa sends aid

- The Canadian government announced yesterday it will provide $4 million in humanitarian aid to Gaza and repeated calls for an "immediate" ceasefire.

Singapore **Heartbreak on display**

RINA OTA / REUTERS

Creators of the Museum of Broken Relationships exhibition, Drazen Grubisic and Olinka Vistica, pose yesterday at the exhibit's opening in Singapore. The museum is a travelling display of items related to failed relationships donated by people who live in the cities the museum has visited. The exhibit has everything from letters and photographs to gifts such as soft toys, but also includes unusual exhibits like a prosthetic leg from a war veteran who fell in love with his physiotherapist.

China lawyer makes bold demand for open books

ACTIVISM A high-profile Chinese lawyer demanded yesterday that the government open its books to the public in an unusually direct display of the legal activism that the Communist Party sees as a growing threat to its rule.

Yan Yiming, an attorney who has made his reputation taking on listed companies that misled investors, presented an application to the Finance Ministry headquarters demanding that it publish details of its 2008 expenditure and 2009 budget.

China's ruling Communist Party discloses the barest outline of its spending plans to a submissive parliament every year. Yan wants the government to live up to vows of transparency and accountability. REUTERS

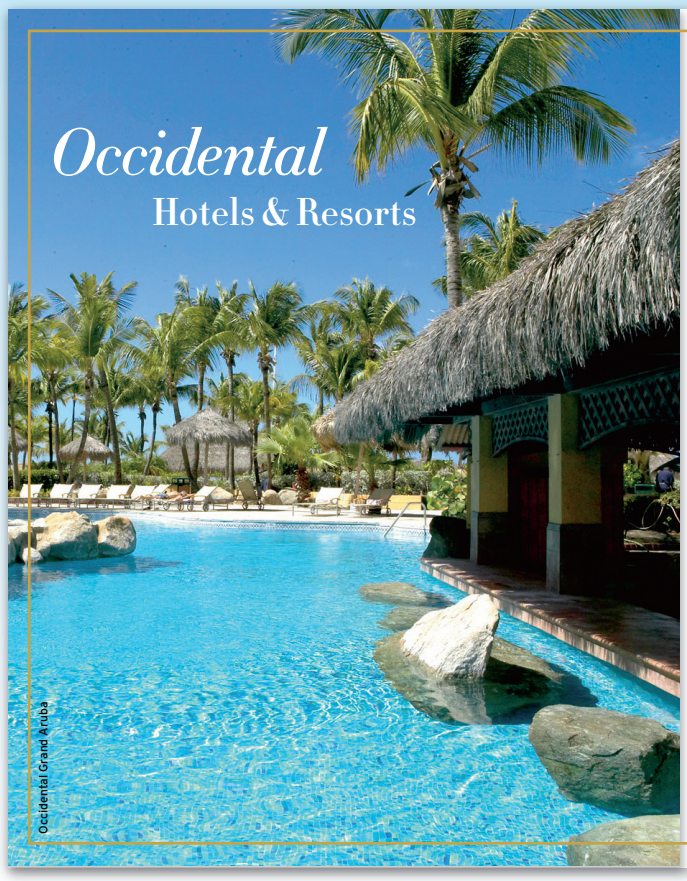
U.S. Senate Dems move to seat Burris

POLITICS In a sudden switch, U.S. Senate Democratic leaders began talks yesterday about swearing in former Illinois attorney general Roland Burris, nominated by embattled Gov. Rod Blagojevich, to take president-elect Barack Obama's place in the Senate.

On Tuesday, Burris was barred from the Senate chamber when he came to take the oath of office.

Senate Democrats originally said Blagojevich's appointment of Burris was tainted since the governor is accused of having tried to sell the seat. REUTERS

AIR CANADA VACATIONS



EARN UP TO 6,650 AEROPLAN® MILES PER MEMBER†

Cancun / Mayan Riviera
Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive
Deluxe rm.
Mar. 7 & 28 • 1 wk.
Upgrade to the Royal Club luxury rm. for $369 per person
$1099 Taxes & fees: $285

Punta Cana via Calgary
Occidental Grand Punta Cana • 4 ★
All-Inclusive
Junior suite
Jan. 15 & 29 • 1 wk.
Upgrade to the Royal Club luxury rm. for $299 per person
$1099 Taxes & fees: $313

Occidental Grand Punta Cana • 4 ★
All-Inclusive
Junior suite
Feb. 12 - 26 • 1 wk.
Upgrade to the Royal Club luxury rm. for $299 per person
$1299 Taxes & fees: $313

Cozumel via Toronto
Occidental Grand Cozumel • 4 1/2 ★
All-Inclusive
Deluxe rm.
Feb. 20 • 1 wk.
Upgrade to the Royal Club luxury rm. for $200 per person
$1199 Taxes & fees: $305

Liberia, Costa Rica via Toronto
Occidental
Grand Papagayo • 4 1/2 ★
All-Inclusive
Deluxe rm.
Jan. 15, 24 & 29 • 1 wk.
$1479 Taxes & fees: $192
Please add $75 for Sat. departures

Aruba via Toronto
Occidental Grand Aruba • 4 1/2 ★
All-Inclusive
Royal Club luxury oceanview rm.
Jan. 17, 18, 24 & 25 • 1 wk.
Royal Club is exclusive to Air Canada Vacations.
$2559 Taxes & fees: $253

aeroplan OCCIDENTAL HOTELS & RESORTS

CONNECT FREE[1]
Kamloops • Kelowna • Penticton • Nanaimo • Victoria

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash. Prices in this ad are valid for bookings made between Jan. 8 & 12/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. BC registration #32229. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Liberia via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

LOCAL
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Mnging Editor, Tarin Elbert
Assoc Night Mnging Editor, Jim Reyno
Enter/Lifestyle Editor, Dean Lisk
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

Obamania ... for now

Home&Abroad

Andrew Cohen

Canada & world insight

In the National Museum of American History, the repository of the U.S.'s past, the curators are not waiting for the inauguration of Barack Obama on Jan. 20.

They have already entered his name and face in its gallery of presidents, a permanent exhibition subtitled "A Glorious Burden." There he is, the smiling 44th president of the United States, the last in a glorious — or inglorious — line stretching from George Washington to George W. Bush.

There is that sense of anticipation in Washington, the imperial city seized with Obamania. It is as if the torch has already been passed; in stores and restaurants of F Street, it is all Obama, all of the time.

In the boutique of the Smithsonian Institution — in America they find the money to tell their story in a national history museum and a national portrait gallery — a clutch of new biographies of Mr. Obama are for sale.

A block from the White House, a large souvenir shop offers nothing but Obama memorabilia. Visitors are greeted by life-size cutouts of the man and a replica of the majestic desk that once belonged in the Oval Office of John F. Kennedy (from which his toddler, John Jr., was famously photographed peeking out from a front panel. Now, in doctored images, Mr. Obama's daughters are peeking out.)

The president-elect's face is everywhere — on buttons, cuff links, pens, hot sauce, bookmarks, pins, golf balls, champagne glasses, dish towels, paperweights, T-shirts. This week, newspapers are running stories of Mr. Obama vacationing in Hawaii. They report breathlessly he has a great torso.

It is all very silly, but it shows the prominence of the president in politics, and in the zeitgeist, too. As singer Andy Kim once said of Richard Nixon, "he's everybody's daddy for awhile."

Then again, for a country enfeebled at home and encumbered abroad, facing epochal challenges, the prospect of change is a tonic for an ailing soul.

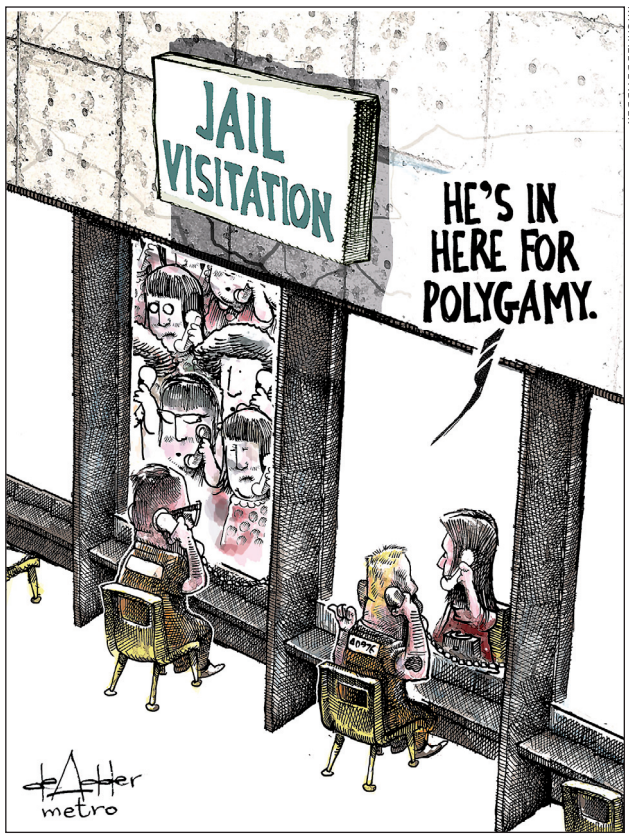
Inaugurations have long been occasions in America, which is always interested in the next new thing. They are a celebration of democracy as much as an affirmation of partisanship, which is why there is that parade, which goes on for hours, followed by all those extravagant balls. With that comes the usual commercialism, which has been around since Washington took the oath of office in 1789. To inaugurate is to commemorate. To commemorate is to sell. No one sells better than Americans.

The inscriptions on all those faux medallions do not say that Barack Obama was the first president born outside the lower 48 states or that he is the first sitting senator to take office since JFK. It is that Barack Obama is the first black American elected president. It will be the first line of his obituary. The second line, though, will say what he did with it.

The worse things get, the greater the expectations of the new president. His popularity will never be greater than it is today, as he will learn when the parade ends and cheers fade on Jan. 20.

He has been dealt a difficult hand, his burden is great, and it won't always be glorious.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Views

Systemic barriers hurt minorities, business

Wendy Cukier

Diversity is a competitive advantage in the global economy. Canada, with more than 200 ethnic groups speaking more than 100 different languages every day, is considered an inspiration for the rest of the world. But we cannot rest on our laurels. Just two weeks ago, former Ontario chief justice Roy McMurtry and former MPP Alvin Curling released a report on the roots of violence concluding that racism is alive and well. Systemic barriers and the absence of role models can crush the hopes and aspirations of young people. Their use of the "R" word was deliberate. It makes us bristle, but gets our attention.

Systemic barriers facing visible minorities are not just a problem in "those" neighbourhoods. They affect our governments, our universities and our corporate boardrooms.

The business case for diversity is compelling. In spite of the economic downturn, our aging population and declining birthrate mean that by 2011, all work force growth in Canada will come through immigration. Attracting and retaining immigrants is essential to corporate success. And research shows diversity is good for business — matching the workforce to the communities served helps win the hearts and wallets of consumers.

In 2006, visible minorities were more than 40 per cent of the residents of Toronto and Vancouver; 22.2 per cent of Calgarians and more than 16 per cent of residents in Montreal, Ottawa and Edmonton. But visible minorities, and women, are vastly under-represented in leadership roles. Legislatures, city halls, universities and images of wealth and power dominating the media are dominated by white males.

Many of the barriers to advancement stem from thoughtlessness rather than intention. Most jobs, for example, are never advertised. Employers rely on word of mouth and personal networks. Exclusion from these informal networks, is a huge barrier.

Dr. Margaret Yap, from Ryerson University's Diversity Institute, co-authored a survey of middle managers in large Canadian corporations and found that visible minorities (and women) are more likely to believe they are held to higher standards of performance and have less mentoring than their white colleagues.

Images of leaders offer role models. They shape goals, expectations and performance. We must watch the gap between our aspirations for a just society and the reality. But clearly the glass is half full. In a short time, Barack Obama has offered a transformative image of leadership, success and power. And we can only hope that more will follow.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Letters

CEOs' fat salaries don't match their contribution

Re: Your year's pay a day's work for top CEOs (Jan. 2)

The fat salaries enjoyed by CEOs is due to sheer greed and selfishness on their part and connivance on the part of our politicians.

If not, why are the latter not making any mention of these fat salaries or any attempts to put a stop to this, but are just continuing to give the poor taxpayers' money to resolve problems created by these same CEOs?

What food do these people eat which is extraordinary?

Is it not the same small king-size beds they sleep in? Do they not fall sick or die as the poor?

Why do they need all this money for if not because of greed? What extraordinary work do they do?

It is true they strategize, they make decisions. But what is a good strategy or decision if the subordinates do not implement them?

The CEOs should come down. It is just not fair.

BEN POKU, TORONTO

Quote of the Day

"It's a regrettable failure for the government to not enforce their own laws, meaning that ordinary Canadians must act."

— Jeh Custer, with the Sierra Club of Canada, who is suing oil giant Syncrude, nine months after 500 migratory birds died in an oilsands toxic tailing pond owned by the oil company, which has so far not faced charges. METRO CANADA

It's your turn to tell others what you think. E-mail your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

'Irrelevant' Penthouse earns little, owner says
Social networking company FriendFinder Networks Inc., the parent of iconic men's magazine Penthouse, says the magazine is "irrelevant" and contributes little financially to earnings, but the company says it won't shut it down. REUTERS

Business

DOLLAR
1.01¢ | C$ 83.54¢ US | US$ $1.19.71

OIL
$42.63 US | $5.95

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Smart watch **Times, they are a changin'**

RICK WILKING/REUTERS

Woo Paik, president of LG Electronics Inc., unveils the first market-ready touch watch phone with 3G video telephone service and GSM quadband network capabilities at a consumer electronics show in Las Vegas yesterday. The phone features a Flash interface, MP3 player, voice calling, text messaging and text to speech. The phone is set to go on sale in Europe sometime this year.

'Terrible start' to '09, top economists say

The economy is in for a rough ride through the first half of the year and will see little or no growth in 2009 as the recession takes hold, top economists from Canada's largest banks said.

The economy will also continue to shed thousands of jobs and the unemployment rate will move higher as fallout from the global financial crisis takes its toll.

The comments were made by a panel of leading domestic bank economists at a Economic Club of Canada event in Toronto yesterday.

"The first half of 2009 looks pretty terrible for Canada," said Don Drummond, chief economist at Toronto-Dominion Bank.

"There's a lot of bad news to get through over the next six months."
Avery Shenfeld

Drummond's comments came ahead of key data due tomorrow that is expected to show the Canadian economy shed 22,000 in December. That would follow a loss of 70,600 jobs in November.

The slowdown in the global economy is expected to keep weighing on the domestic economy.

Canada sends about 75 per cent of its exports to the United States, leaving it extremely vulnerable to the growing economic crisis there.

"There's a lot of bad news to get through over the next six months," said Avery Shenfeld, senior economist at CIBC World Markets.

Economists at Bank of Nova Scotia and Royal Bank agreed, with Royal Bank's Craig Wright noting the economy will see no growth at all this year.

The comments come less than a month after the Bank of Canada unexpectedly cut its key overnight rate by 75 basis points to a 50-year low of 1.50 per cent, and said for the first time that the economy was entering a recession.

REUTERS

Dow tumbles after more bad news

MARKETS U.S. stocks suffered their worst decline in more than a month yesterday after a grim private-sector jobs report coupled with a revenue warning from top chip maker and technology bellwether Intel Corp. revived deep concerns about the economy.

The Dow Jones industrial average fell 244.68 points, or 2.71 per cent, to 8,770.42. It was the largest drop for the Dow since Dec. 1, and the index is now down 31.1 per cent from 52 weeks ago. REUTERS

News of inflated books hurts Satyam

SCANDAL The head of Indian outsourcing firm Satyam Computer Services resigned yesterday, disclosing that $1 billion US, or 94 per cent of the cash on the company's books, were fictitious — sending its shares tumbling nearly 80 per cent.

The news sent Indian equity markets into a tailspin, with Bombay's main benchmark index tumbling 7.3 per cent, and the Indian rupee fell. REUTERS

Oil traders play risky game

OIL Crude oil prices for delivery next month fell 12 per cent yesterday, the largest percentage drop in seven years, after a U.S. inventory report showed an unexpectedly big glut in the market.

But the notion there will be a rebound in demand during the second half of the year, or some other event that will lead to higher oil prices, has some traders playing a high-stakes game of arbitrage.

But what has traders more excited is an opportunity called "contango" — a situation where a non-perishable commodity like oil gets more expensive as delivery time extends further into the future. Oil deliveries for next January can reach $59.49 US a barrel, compared to yesterday's closing price of $42.63. TORSTAR NEWS SERVICE

The game

- Traders are beginning to charter massive vessels called supertankers as a way to purchase and store huge volumes of inexpensive oil that can be sold on the futures market at a profit.

Business in brief

REGULATION The CRTC will force cellphone companies to change their system so dispatchers can locate the origin of a 911 call, media reports said. A number of people have died after making emergency calls from cellphones, in cases where home addresses were out of date or if they were in remote locations. CBC NEWS ONLINE

LAYOFFS Planned layoffs at U.S. firms eased in December from the previous month's seven-year high, but they were up an astounding 275 per cent annually as the recession continued to hammer the job market. A report by Challenger, Gray & Christmas notes heavy job-cutting could continue through mid-2009 until more economic stimulus arrives. REUTERS

G4S
Group 4 Securicor
G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST 1 & 2
604-661-0313 fax: 604-683-0621
email: kevin.paxman@ca.g4s.com

Job At Home
$487.68 Weekly.
Mail Work, Assemble Products or Computer Work
www.TopJobVancouver.com
Or Write to: CHR Jobs
900 Greenbank Road
Suite #415 • #916-MV1
Ottawa ON, K2J 4P6

MAX Dental @ Yaletown

NEW PATIENTS PACKAGE
$199* APPROX. $325 VALUE
EXPIRES JAN. 31/2009
Ask about "Whitening for Life"
* Includes Check-up & Cleaning and choose from a FREE electric toothbrush OR take home whitening kit for $49 OR ZOOM! Whitening for $199 (reg $399). Some exceptions may apply.
WE DO BOTOX!
The MAX Dental @ Yaletown
90 Smithe Street 604.609.2020 www.yaletowndentists.com

IT is in demand
Keep pace with industry changes through part-time courses offered in downtown Vancouver at UBC Robson Square. Register for our Microsoft Vista courses by Jan 14 and save 10% off the regular course fee.
CompTIA Network – starts Jan 15
Installing and Configuring the Windows Vista Operating System – starts Feb 2
Configuring Windows Vista Mobile Computing and Applications – starts Feb 23
Register today!
tech.ubc.ca/itcmv or 604-822-1420
UBC Continuing Studies

Ruutu gets two for biting

The Ottawa Senators' Jarkko Ruttu was been suspended for two games by the NHL yesterday after biting the Buffalo Sabres' Andrew Peters during a game Tuesday night. METRO NEWS SERVICES

Sports

Luongo named to all-star team

Canucks goalie Roberto Luongo, left, was among the 15 players named to the Western Conference all-star team yesterday. Despite being out with a groin injury, it is the third straight year he has been named to the team. The NHL all-star game takes place Jan. 25 in Montreal. METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Canucks win in Mats' debut

NHL RESULT

Canucks 4 Oilers 2

VS

SCOTT RINTOUL
for Metro Vancouver

DAN RIEDLHUBER/REUTERS

Mats Sundin calls for a pass during the second period last night.

THE SKINNY: The Canucks are undefeated with Mats Sundin in the lineup, but it was Steve Bernier who stole the show. Bernier owned the second period, scoring twice and setting up another goal by Alex Burrows. Burrows and Ryan Kesler both added a pair of assists, as that line accounted for all of Vancouver's scoring prior to a Pavol Demitra empty-netter.

THE SUNDIN: After playing just three minutes in the first because of a string of Vancouver penalties, Sundin took regular shifts in the second and third with Kyle Wellwood and Mason Raymond. He also saw considerable power-play time and finished with 15 minutes of ice time, one hit and seven faceoff wins in 16 attempts. Wellwood found Sundin a couple of times in the slot, but neither resulted in a shot on net.

THE SWEDISH TOUCH: On a couple of occasions, the Canucks' power play was entirely IKEA, as Sundin joined the Sedins up front with Mattias Ohlund and Alex Edler on the points.

THE NEXT GAME: Sundin makes his home debut on tomorrow night when the Canucks host the St. Louis Blues.

Predicting Sundin's value to the Canucks

ToulBox

Scott Rintoul

scott.rintoul@team1040.ca

How will you evaluate whether or not Mats Sundin is success in Vancouver? The real answer may lie in the postseason, but let's concentrate on the guaranteed portion of the schedule.

The obvious answer is statistics, but goals and assists are not enough. There is a requisite amount of points that Sundin must produce if he is to earn his $5 million; his resume provides plenty of reason to expect about a point per game.

Then there are the stats of his linemates to consider, as well as the play of the Sedins.

If the twins have a banner second half of the season, Sundin may deserve some credit for drawing the top defensive matchups on a nightly basis.

But how do you measure the intangibles that he is alleged to provide?

His former teammates speak of the consumate leader, and a player that takes significant pressure off those around him.

There is the physical presence he brings to the lineup; it will a much tougher task for the likes of Joe Thornton to push around the Canucks' No. 1 centre.

And don't forget defence: Sundin has been a plus player eight of the last nine years. When the regular season comes to an end, how many more wins did the Canucks produce because of Sundin?

Perhaps it's a game-winning goal, or maybe it's a pivotal faceoff win while nursing a late one-goal lead.

It's a subjective measurement to be sure, but that's the nature of the discussion, anyway.

• Mike Benevides' decision to remain in BC as the Lions' defensive co-ordinator is a good one. Though he was still in the running for the head coaching job in Toronto, Benevides will be better served in the long run by running the defence for at least another year.

Teams are always in search of "the hot young co-ordinator" when looking for a bench boss, but they often have little patience with them if the team's fortunes don't turn around quickly.

Along with promise, such coaches also come with lower price tags and less job security. Benevides will be in higher demand down the road if he is able to mold next year's cast into an elite defence.

Having already parted ways with veterans Otis Floyd, Tyrone Williams and likely two-time defensive player of the year Cam Wake, the Lions have also lost linebacker Jamal Johnson to the Tampa Bay Buccaneers.

Maurice Lloyd would certainly help the cause. The Lions are said to be courting the smash-mouth middle linebacker, who has already been offered a six-figure salary to re-sign in Saskatchewan before becoming a free agent on Feb. 15.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

Lucky number 13?

TheHockeyNews

Sam McCaig

thehockeynews.com

With big No. 13 making his Vancouver debut last night, Canucks Nation is probably besieged today with tales of all things Mats. And it's pretty tough to compete with all those perspectives, especially from my chair a couple thousand miles away.

However, given Sundin spent the past 13 seasons here in Toronto, here are 13 ways that No. 13 will contribute to the Canucks in the second half:

1. Action, not words

Sundin was a standup captain for a decade in Toronto, and always led with his play on the ice.

2. Team player

For all of his all-world skill, Sundin always put the plight of the Leafs above his personal goals.

3. Stanley Cup void

The fact Sundin has never made it to the Cup final means the Canucks get an aging superstar with just one thing lacking on his resume.

4. Still hungry

The fact he came back at all means he still wants to play at the highest level.

5. Still skilled

Sundin's past couple seasons in Toronto confirmed that, despite his advancing age, he still has the chops to play with the best.

6. Complete, consistent

Once he gets his legs, Canucks fans can count on a solid effort every night.

7. Ego-free

Well, no pro athlete is without an ego, but Sundin checks his at the door. There's not going to be any Pavel Bure-like off-ice drama with Mats.

8. Team Sweden

The Swedish star liked the fact that countrymen Daniel and Henrik Sedin, Mattias Ohlund and Alexander Edler play key minutes.

9. Versatile

He can play shorthanded, power play and even strength. Plus, he skated with a variety of linemates in Toronto.

10. Well rested

Taking the first half of the season off will do that for a guy.

11. Clutch scorer

Sundin actually scores goals at a higher clip in the playoffs than in the regular season.

12. Faceoff artist

Sundin has won more than 55 per cent of faceoffs over his career; anything over 50 per cent is pretty good. (Rod Brind'Amour, traditionally the NHL's best faceoff man, has a career mark of about 58 per cent.)

13. (No. 1 hope)

Since 1989 — Sundin's draft year — through 2007, only one No. 1 overall pick has won the Stanley Cup (Vincent Lecavalier, the top pick in 1998, won the Cup with Tampa in 2004.) Join the exclusive club, Mats.

The Hockey News
thn.com

House League online
For Ryan DeLuca's House League column, be sure to check out Metronews.ca/houseleague. The column will return next week.

Metro Homes

Wall to wall no more

For a truly green choice, the green living experts advise against wall-to-wall carpeting and recommend area rugs instead, there are increasingly eco-friendly choices becoming available underfoot.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Put your packaging to good use

UrbanDweller

Carlyn Yandle

metronews.ca/urbandweller

CARLYN YANDLE PHOTO

This small polystyrene 'idea board' has enough textural detail to stand alone as wall art.

Over the holidays I was shocked by all the polystyrene (a.k.a. Styrofoam) packaging blocks piled up on the overflowing city dumpsters around my neighbourhood, all indicative of the tsunami of electronic toys and communication devices purchased for Christmas. Despite the number-6 triangular stamp on each piece indicating that it's recyclable — it's just air-blown plastic, after all — polystyrene is not accepted in the blue bins in this neck of the woods, so all that bulky, non-biodegradable stuff ends up in the landfill. If I ran the zoo, I'd make all stores that sell items containing the rigid foam packaging accept it back like any other returnable. Until everyone starts following my orders, I've come up with a useful, attractive use for these space-hogging blocks.

I've long been intrigued by Styrofoam as a potential building material. It's easy to carve and glue together, it's incredibly light and matte white — all fine properties for domestic use. So while everybody else played with their new toys on Boxing Day, I played with polystyrene, cutting down the bulky pieces into various square-ish units, assembling the blocks into patterns, affixing the patterns to surfaces. What resulted is now a key part of my dream studio: A large, lightweight, wall-mounted surface for all my clippings, ideas and mementoes. I so love the architectural effect of all those white, various-sized squares and shadows that I'm tempted to create an entire wall, affixing the squares with double-sided tape directly to the wall.

I've compiled here some ideas on making your own "idea board."

Gather up hunks of polystyrene. Using a steak knife or bread knife dipped in dishwashing liquid, saw out as many square or rectangular units as you can eke out of each piece. Keep the knife well-lubricated and the saw action fast and light. Rinse the units and let dry. Glue the back of one unit with household white glue (never hot glue), like Welbond, onto a piece of thin plywood or heavy-duty cardboard or particleboard. Add the odd-sized units one at a time, positioning them snugly beside one another to avoid any gaps. Keep adding until the units hang over the edges of the wood. Let the glue dry overnight then trim the excess to the board edge with the knife.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

Catch it live

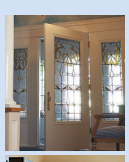
- Catch my demonstration of this fun upcycling project this weekend at the Home Renovation and Living Show at the Vancouver Convention and Exhibition Centre. More details at showscanada.net.

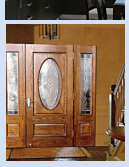
LEAKY BASEMENT or CRAWLSPACE?
Free Written Estimates & Inspections
Remove Water Permanently
Save up to 50% over other Methods
Transferable Written Warranty
Basement Systems Vancouver
Basement & Crawl Space Specialists
bsv.ca 604-581-1115
A healthy home starts with a dry basement

SleepCountry
CLEARANCE CENTRES
All Price Ranges • Luxury Models
Discontinued Models • Demonstrators
Mix & Match Models • Metal Headboards
Adjustable Beds • Mattresses of All Comfort Levels • All Sizes Available, Even Kings!

SERTA • SEALY • SIMMONS • TEMPUR
RESTWELL • AND MORE
OPEN 7 DAYS A WEEK
MONDAY - FRIDAY 10AM TO 9PM
SATURDAY 9:30AM TO 6PM | SUNDAY 11AM TO 5PM
QUEENBOROUGH LANDING
805 BOYD STREET, NEW WESTMINSTER
604-515-9711 (IN FRONT OF WALMART & BEST BUY)
STRAWBERRY HILL SHOPPING CENTRE
12077 72ND AVENUE, SURREY
604-597-3313 (ACROSS FROM WINNERS & CHAPTERS)

Need open source programming skills?
Develop your open source programming skills with part-time courses in PHP, Python, .NET and more. Courses take place in downtown Vancouver at UBC Robson Square.
Introduction to Server-Side Programming – *starts Jan 16*
Introduction to Programming – *starts Feb 4*
Introduction to PHP Programming – *starts Feb 6*
Register today!
tech.ubc.ca/ipmv or 604-822-1420
UBC Continuing Studies





Everything at Affordable Prices
• Luxurious Kitchen Cabinets
• Interior & Exterior Doors - Unique Design
• Decorative Art Glass Windows & Blinds
• Portable Tool boxes & Work Benches
Unit 1 – 12351 Bridgeport Road, Richmond
Tel: 778-297-1338
Fax: 778-297-1336
Showroom Hours: Mon. to Fri. 8:30am - 5pm
APOLLO BUILDING MATERIALS LTD
Your Home, Your Way
www.apollo-canada.com

It's Time to Dine Out!
From Jan. 14 to Feb. 1, the 7th annual Dine Out Vancouver will take place at more than 180 restaurants throughout Greater Vancouver. Enjoy three-course prix fixe meals for $18, $28 or $38 per person. For more info and reservations, visit tourismvancouver.com. ANYA LEVYKH/FOR METRO VANCOUVER

Food

"Is it a pea, a bean, or a pulse? Pulses are the dried edible seeds of legumes and includes beans, peas (such as chickpeas) and lentils."

Barb Holland/for Metro Canada

Not a nut

Peanuts are also a legume, not a nut, despite its name.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Lean and mean: Lentils and beans

À la carte

Barb Holland
Metro Food Writer

Canned beans, peas and lentils can be a bit salty, but a drain and a rinse quickly removes most of the sodium. Toss in salads, soups, casseroles or puree into a dip or spread.

The cake and cookies are finished and the decorations tucked away for another year.

Healthy eating, hand-in-hand with being more physically active, are high on everyone's 'to do' list after Jan. 1st. So, it's back to business as we tighten our financial belts as well as try to re-tighten the one that stretches around our waists.

What's economical, packs a healthy punch in the nutrient ring and is convenient? Canned beans, peas and lentils.

Beans, peas and lentils are a high source of both soluble and insoluble fibre as well as a source of B vitamins, calcium, iron, phosphorus, potassium and zinc. In addition, they're low in fat, cholesterol-free and the richest source of vegetable protein.

With the exception of soybeans, beans alone do not contain all the essential amino acids to be classified as a complete protein. But when complemented with a grain (rice, bread or pasta), a seed, nut or a dairy or egg protein, they become complete.

Keep a variety of canned beans in your pantry for frugal, fast and healthy meals. This vegetarian recipe will satisfy your hunger as well as deliciously fulfil your protein needs.

Mediterranean Tomato, Lentil and Spinach Soup

Serve this hearty vegetarian soup with crusty whole wheat bread for a complete meal. I like the sharp and slightly salty addition of freshly grated good Parmesan cheese, but omit if serving to vegans. Makes 8 cups (2 L), 4 servings.

INGREDIENTS:
- 1 tbsp (15 ml) olive oil
- 2 stalks celery, chopped
- 1 onion, chopped
- 2 cloves garlic, mined
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) each dried oregano and thyme leaves
- Pinch each dried rosemary leaves, crumbled and pepper
- 3 cups (750 ml) vegetable stock
- 28 oz (796 ml) can diced tomatoes, including juice
- 19 oz (540 ml) can lentils, drained and rinsed
- Juice of 1/2 lemon
- 3 cups (750 ml) fresh baby spinach leaves
- Freshly grated Parmesan cheese, optional

METHOD:
Heat oil in large saucepan over medium heat. Add onion, celery and garlic and cook until softened, about 5 minutes. Stir in seasonings, tomatoes, lentils and lemon juice. Bring to a boil, reduce heat and simmer, covered for 5 to 10 minutes.

Stir in spinach leaves until wilted, about 30 seconds. Serve with Parmesan, if desired.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Urban Foodie

INSPIRED; VERY GOOD; PALATABLE; HO-HUM; NEVER AGAIN

Northern Italian shines on north Main

ANYA LEVYKH
anya.levykh@gmail.com

Campagnolo
1020 Main St.
Vancouver
604-484-6018
campagnolorestaurant.ca
Open Daily; 5 p.m. to late

Signature Drink:
Negroni
Signature Dish:
Tagliarini Pork Ragu
Rating:
Dinner & drinks for 2: $90

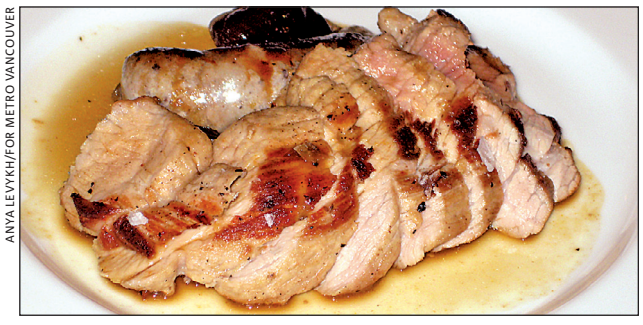
There's no better way to start a new year than by eating damn fine food and Campagnolo's simple room and unpretentious food makes up a polished gem that would shine brightly in any setting, even this grungy area north of Terminal.

We started with crispy ceci ($8), a large bowl of deep-fried chickpeas with peppercorn and mint. This was crunchy, salty, chewy and warm, and ideally would replace beer nuts forever. Tagliarini noodles in a pork ragu ($15) was slurped up quickly, thanks to copious amounts of fresh pasta, basil and pecorino. Potato agnolotti ($16) were thick, light dumplings, with sage and mascarpone. We went for more pork for our main, a stunning dish of roast ($17), sliced and simply prepared, with house-made cotechino, an Italian sausage made from pork meat, back fat and pork rind. We also ordered warm, fresh polenta ($6) to share, made with taleggio cheese, which was more than ample, as the bowl was big enough to serve as a course on its own.

The chocolate Nutella tart sounded glorious, but full stomachs demanded we settle on the slightly lighter panna cotta ($7.50), which was simple, creamy and a perfect end.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.



ANYA LEVYKH/FOR METRO VANCOUVER

Sloping Hills roast pork with house-made cotechino sausage.

A sweet start (or finish) to the New Year

Batasiolo is a northern Italian winery well known for their Barbera and Barolo, but they're none too shabby in the Muscat department, either. In Piedmont, Muscat grapes are commonly used in sweeter sparklers, like Asti or Spumante. Batasiolo's Bosc dla Rei, Moscato d'Asti is a straw-yellow dessert wine with a hint of sparkle, an intense, floral nose and a lingering, aromatic finish. And, at only 5.5 per cent, you're almost guaranteed to avoid a hangover. $21.99 at BCLS.

Dining out

GOOD NIGHT GEORGE!
On Jan. 20 from 6 p.m. to 10 p.m., say a not-so-fond farewell to U.S. President George W. Bush at George Ultra Lounge (1137 Hamilton St). Watch the Obama inauguration on the big screen. Tickets $20 (includes canapés and one drink ticket). Call Brix Restaurant upstairs at 604-915-9463 to reserve.

TASTE B.C. 2009
Join Liberty Wine Merchants at the Hyatt Regency Hotel (655 Burrard St.) on Jan. 22 from 4:30 p.m. to 7:30 p.m. to celebrate everything B.C., all to benefit B.C. Children's Hospital – Oak Tree Clinic. Tickets $49.99. Visit libertywinemerchants.com for more information.

In brief

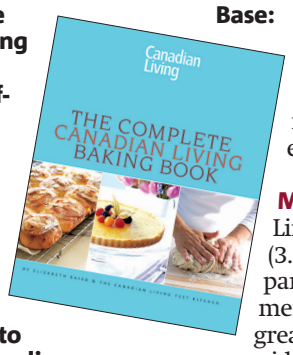
TEQUILA KITCHEN, which opened in Yaletown less than a year ago, served its last meal on New Year's Eve. I'm sad to see this one go.

ON AN EVEN SADDER NOTE, Chef Raman Anand of Sutton Place Hotel, passed away suddenly of a heart attack on Jan. 2. Chef Anand recently won the Gold Medal at the World Culinary Olympics in Erfurt, Germany.

It's chili time!
After weeks of competition from chili enthusiasts across Canada, three finalists will compete in the first-ever ZANTAC® Chili Challenge cook-off. To view all of the chili submissions, including the winning chili recipe and Food TV personality Anthony Sedlak's signature chili recipe, visit chilichallenge.ca. METRO NEWS SERVICES

When life gives you lemons ...

The Complete Canadian Living Baking Book, the newest offering from the trusted Canadian Living Test Kitchen and Elizabeth Baird, is the gold-standard, go-to book that Canadian bakers can depend on. Canadian Living offered Metro a recipe for these unbeatable treats:



Lemon Cheesecake Bars

A middle cream cheese layer makes these a change — for the better — from the usual lemon squares.

INGREDIENTS:
- 4 eggs
- 1 1/4 cups (300 ml) granulated sugar
- 2 tbsp (25 ml) finely grated lemon rind
- 1/2 cup (125 ml) lemon juice
- 1/4 cup (50 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1 tbsp (15 ml) icing sugar

Cheesecake layer:
- 1 pkg (8 oz/250 g) cream cheese, softened
- 1/4 cup (50 ml) granulated sugar
- 1 egg

Base:
- 30 lemon social tea cookies
- 1/2 cup (125 ml) butter, melted

METHOD:

Line a 13- by 9-inch (3.5 l) metal cake pan with parchment paper or grease; set aside.

BASE: In food processor, whirl cookies to make 2 cups (500 ml) crumbs; pulse in butter until moistened. Press into prepared pan. Bake in centre of 325 F (160 C) oven until firm, about 12 minutes. Let cool in pan on rack.

CHEESECAKE LAYER: In bowl, beat cream cheese with sugar until smooth; beat in egg. Spread over base; set aside.

In bowl, beat eggs with sugar until thickened. Beat in lemon rind and juice, flour and baking powder until smooth; pour over cheesecake layer. Bake in centre of 325 F (160 C) oven until edges are set and lightly browned, about 35 minutes. Let cool in pan on rack. (Make ahead: Remove from pan; wrap and refrigerate for up to 5 days or overwrap in heavy-duty foil and freeze for up to 1 month.) Cut into bars; dust with icing sugar.

EDWARD POND PHOTO

Remember to let bars cool completely before cutting for the neatest possible squares.

On the web

Need more?
- You've got lemons, now try oranges: Orange Sour Cream Bundt Cake, another fabulous recipe from The Complete Canadian Living Baking Book, is available at metronews.ca.

ALL NEW RELEASE
MOVIE RENTALS
$3.99
1 DAY
DVD RENTAL
ROGERS VIDEO IS NOW YOUR
ROGERS plus
Movies are due back by 9PM on the day after rental begins. Blu-Ray movies priced separately. Additional per day charge applies if not returned when due to a maximum of 2 days. If rental is not returned within 30 days, rental will be deemed lost or stolen and customer is responsible for the replacement cost of the rental as displayed on the rental rates material posted in each Rogers Plus store. See in-store or rogersplus.ca for full details & conditions. TM Trademarks of Rogers Communication Inc. © 2008.

Just a bite

Michelle Morgan

Actress shares her butter roasted chicken recipe

PEOPLE Canadian actress Michelle Morgan stars in the second season of the popular Canadian one-hour series Heartland, which airs nationally on CBC Television Sundays at 7 p.m. Recently, Morgan was featured on City Cooks TV, sharing her favourite recipes with her fans.

Butter Roasted, Melt in your Mouth Chicken

This recipe is inspired by a Jamie Oliver recipe, but much simpler and just as tasty. A great recipe to for impressing people and making them think you're a great cook who slaved for hours. Serves 4.

Ingredients:
- 4 chicken thighs, bone in, with skin
- 4 slices of ham (I like prosciutto but any ham will do)
- 2 cloves garlic, peeled and chopped
- 1/4 cup butter, room temperature
- Salt, pepper
- Any herbs you have on hand, I love thyme and rosemary.

Method:

Preheat oven to 425 F (220 C). Push your fingers between the skin and flesh creating a space for your butter mixture without tearing the skin right off. Slash a deep cut into the thickest part of the thigh.

Now to make your butter mixture, slice up the ham, and mix it with the butter, garlic, rosemary, thyme, salt and pepper. Take this butter, and push it under the skin, rubbing it all over the chicken.

Place in the oven and roast for about 45 minutes. Check by slicing and making sure it's not pink but don't overcook it, it should retain those flavourful juices. METRO NEWS SERVICES

The perfect pear

Wild Rice, Grapes, and Blue Cheese Stuffed Port Poached Pears

INGREDIENTS:

Port Poached Pears:
- 3 cups (750 ml) fruity red wine, such as Zinfandel or Barbera
- 1 cup (250 ml) ruby or LBV vintage port
- 1/2 cup (125 ml) sugar
- 5 whole cloves
- 1/2 cinnamon stick, broken
- 4 California bartlett or bosc pears, peeled, cored and quartered

Wild Rice Stuffing:
- 2 cups (500 ml) water
- 1/2 cup (125 ml) California wild rice
- 1/2 teaspoon (2 ml) salt
- 2/3 cup (160 ml) quartered fresh California seedless grapes

Rosemary Walnuts:
- 1 tablespoon (15 ml) butter
- 2/3 cup (160 ml) walnut halves
- 1/2 teaspoon (2 ml) crumbled, dried rosemary
- 1/8 teaspoon (0.5 ml) cayenne pepper
- Salt to taste

Whipped Blue Cheese:
- 1/2 cup (125 ml) crumbled blue cheese
- 1/4 cup (50 ml) cream cheese, at room temperature

METHOD:

1. Bring wine, port, sugar, cloves and cinnamon stick to a boil in a large stainless steel saucepan, stirring until sugar is dissolved. Add pears; reduce heat and simmer, stirring occasionally to coat all sides of pears, for 20 minutes or until pears are tender when pierced with a toothpick. Turn off heat and let pears stand for 10 minutes. Remove from liquid and chill. Remove cloves and cinnamon and continue to cook liquid for 20 to 30 minutes or until syrupy; set aside.

2. To prepare stuffing, bring water, rice and salt to a boil in a small saucepan. Reduce heat and simmer for about 50 minutes or until tender. Drain off excess water and chill rice; stir in grapes.

3. To prepare walnuts, preheat oven to 325°F (162°C). Melt butter and toss with walnuts and seasonings. Spread onto a baking sheet and bake for 12 to 15 minutes, stirring every 3 to 4 minutes. Let cool and store in an airtight container until ready to use. Whip blue and cream cheeses together in a small bowl by hand or with a mixer until fluffy. To serve, scoop out a small part of the top of each pear. Place a small spoonful of cheese mixture into the cavity of each pear. Top with rice stuffing and walnuts, then drizzle with port glaze. Makes 8 appetizers. NEWS CANADA

Wild Rice, Grapes, and Blue Cheese Stuffed Port Poached Pears.

Bikini sale on now

It's never too early to buy a bikini. Save up to 50 per cent off on crochet swimwear, cover-ups and cotton/silk resort wear by designer Anna Kosturova. Shop 151 W Hasting St., Vancouver. The sale is on from Jan. 30 to Feb. 1, between 12 and 7 p.m. **KIM ELBO/FOR METRO CANADA**

Style

Woodsy look is being embraced

Paul Bunyan, the supersized he-man, is a fashion icon. As unlikely as it sounds, the mythical lumberjack's black-and-red check jacket has been a big trend on catwalks around the world. But this time around, Ralph Lauren took the rugged masculine checks and turned them into evening gowns, sometimes mixing chic plaid shirts with feathered skirts. Now it's the streetwear retailers who have created new shapes for the lumberjack jacket in sharp, belted trenches and smart peacoats. Left: belted trench, $158, Gap. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The necklace makes a statement

Adorn décolleté with larger than life embellishments

Literally and figuratively — the necklace is big this year. Throughout recent seasons, designers have supersized handbags into steamer trunk proportions. And they've elevated the ordinary stiletto to stratospheric heights.

Now, after achieving such overwhelming bulk with accessories like bags and shoes, they have turned their attention to jewellery — in particular, the necklace.

Leading international brands including Burberry, Lanvin and Louis Vuitton went for the jugular this fall, burdening women's décolleté with glass chunks resembling massive precious and semi-precious stones.

This is costume jewellery gone berserk. So pack away your simple strand of pearls, your heirloom chokers and discreet pendants. You can bring them out another day.

"This is no season for the faint of heart," says Oriella Stillo, owner of Accessity in Toronto, Ont. "You've got to have confidence to wear these necklaces," she says.

These muscular necklaces riff on jewellery's many traditional roles — as an objet for self-decoration, as an amulet to ward off evil and as a striking symbol of personal wealth. They are statement pieces.

"You've got to have confidence to wear these necklaces."
Oriella Stillo, owner of jewelry store Accessity

While, on the surface, the times may not seem right for such showiness, Stillo insists that's not the case. "During the Depression of the 1930s big Bakelite and Lucite jewellery was popular. Women needed something to make them feel good," she says.

No one is fooling anyone — which is why the ostentatious necklace with rocks as big as baseballs still works even in this hard economic era. Stillo says she retails big necklaces as inexpensively as $250. "What dress can you find that will give you that wow factor?" she asks.

Jewellery hasn't been this exaggerated since the go-big-or-go-home '80s.

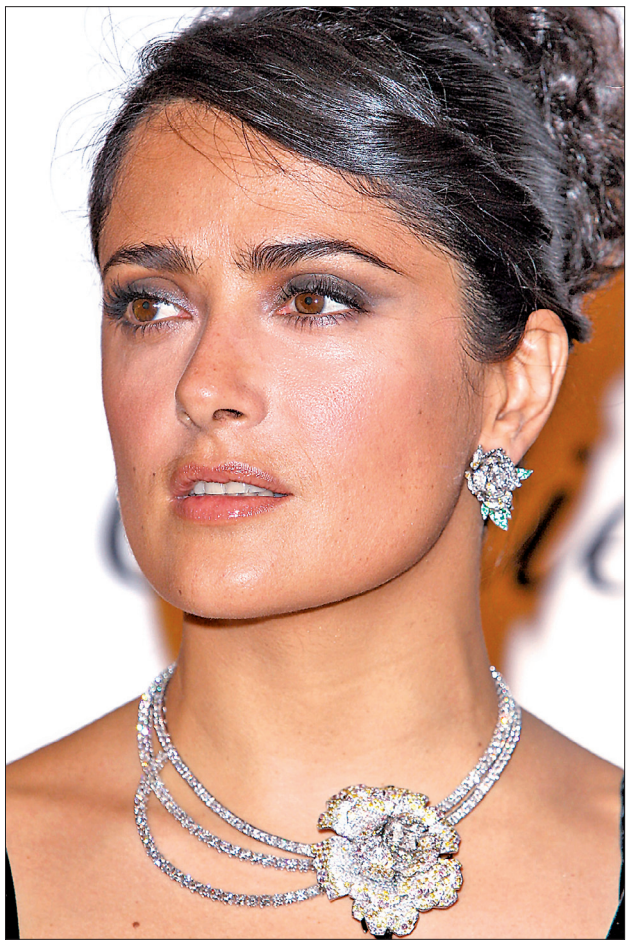
Banana Republic Carolyn Brooch necklace, $124.

During that power decade, jewellery was big and bold and closely replicated the real thing. Back then, by wearing big fake jewels you were attempting to fool people into believing you had social cachet you just didn't possess.

But these days the necklaces are conspicuously costume. They are not vintage or replicas. The glass stones are larger than life and created in smoky neutral colours, clear or black.

They are ferocious these glass tigers. They've got bite. But everyone knows they're just for show.

TORSTAR NEWS SERVICE



GETTY IMAGES

Right: Actress Salma Hayek's bold statement necklace is an example of the go-big-or-go-home '80s-inspired jewelry trend.

Style File

Kim Elbo
kim.elbo@gmail.com

ask kim

I prefer running outside as oppose to treadmills, but I dread when it rains because I can't stand it when my feet and socks get wet. What do you suggest I do to fix this problem?

Running shoes are primarily made out of mesh materials to make the shoe lighter, but I suggest looking for outdoor trainers that have a Gore-Tex lining (some actually say that on the shoe) to help keep the moisture out.

E-mail your style questions to *kim.elbo@gmail.com*.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Gear to get you motivated

$64

Pull Over
Designer: Nike
Shop: Nike Store
Address: Various Locations
nike.com

$98

My favourite

Hoody
Designer: Lululemon
Shop: Lululemon
Address: Various Locations
lululemon.com

$150

Full Zip
Designer: Peak Performance
Shop: Peak Performance
Address: 919 Robson St.
peakperformance.com

My favourite

$135

Old School
Designer: Nike
Shop: Nike Store
Address: Various Locations
nike.com

$160

Starter
Designer: asics
Shop: The Run Inn
Address: 1212B 56th St.
runinn.com

$199

Pro
Designer: Mizuno
Shop: Running Room
Address: Various Locations
runningroom.com

Workout Wear

You know you made a new year's resolution to workout more and eat less, so motivate yourself by going out and buying a couple of items for the gym. If you like to cover up, here are three great looks for indoor or outdoor workouts. When you're out shopping for motivation, look for details in the clothing like all-around 360 reflectors for night time running. For shirts, make sure there is a bit of ribbing so that the shirt falls away from your body.

accessory

Get rid of moisture and odours lurking in your gym shoes, hockey gloves or even gym bags with this natural absorbing product by local company NaturzAire, $12. Available at The Run Inn (runinn.com).

Running Shoes

There are three things to look out for when buying a proper running shoe: The first is to buy a shoe that fits your proper arch type, the second is to make sure the shoe is at least a half size bigger than your regular street shoe (this is to compensate for the swelling of your feet as they heat up) and the third is to make sure you can run with comfort (so sufficient cushioning is needed). Retailer's note that the rule of "breaking in a shoe" does not apply for workout shoes.

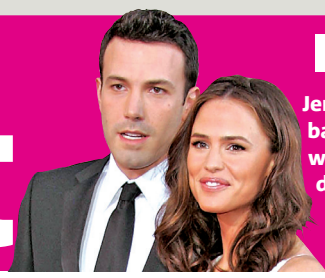
GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle

Jonas Brothers going to the Golden Globes
If the Golden Globes run a little bit longer this Sunday, you can blame The Jonas Brothers. Music's hottest trio has been added as presenters for the telecast, along with Hayden Panettiere and Martin Scorsese. **IMDB.COM**

Entertainment



It's a girl!
Jennifer Garner and husband Ben Affleck have welcomed their second daughter. The baby was born Tuesday in Los Angeles. **PEOPLE.COM**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

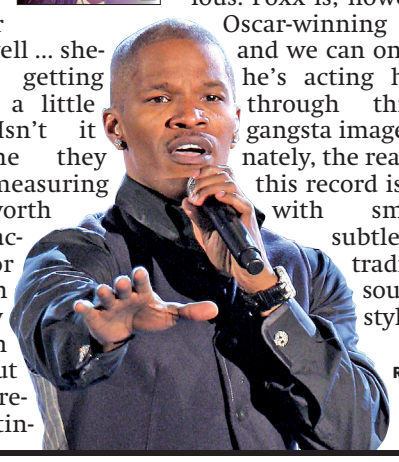
Intuition not paying off

Jamie **Foxx**

Album: Intuition
Label: Sony
Rating: ●●½

MusicReviews
music@metronews.ca

LISTENING TO MALE R&B stars calling their buddies "dawgs" and their women ... well ... shedawgs, is getting more than a little irksome. Isn't it about time they stopped measuring their self-worth in Gucci accessories or the length of time they can hold an erection? But these tired refrains continue to raise their ugly heads in the front end of Jamie Foxx's third album, Intuition. The Lil Wayne collaboration Number One, is particularly obnoxious. Foxx is, however, an Oscar-winning actor and we can only hope he's acting his way through this sex gangsta image. Fortunately, the rear end of this record is loaded with smoother, subtler, more traditional soul stylings.



Graham Rockingham /for Metro Canada

Andre **Ethier**

Album: Born on Blue Fog
Label: Blue Fog/Sonic Unyon
Rating: ●●●½

UNTIL NOW ANDRE Ethier's best work has been with his former band The Deadly Snakes. Since then he's released a few solo albums, all of which have been decent, but nowhere near as good as his newest effort. This isn't the most accessible disc, but with a musical range that echoes Dylan (Cop Killer), blues (Infant King) and a haunting Leonard Cohen with classical instruments number (By The Stables) this is easily Ethier's most eclectic and inspiring.

Bryan Borzykowski/for Metro Canada

Ketch Harbour **Wolves**

Album: Dead Calm Horizon
Label: Independent
Rating: ●●●½

WITH THE NATIONAL garnering so much praise these days, it was only a matter of time until a similar sounding Canadian act got noticed. Ketch Harbour Wolves, a Toronto-based five-piece with roots in Nova Scotia (their band is named after a small East Coast town) have forged the perfect mix of brooding passion, infectious melodies and rich, layered instrumentation. While it's not perfect — a couple tunes are a bit sluggish — it's definitely a promising debut.

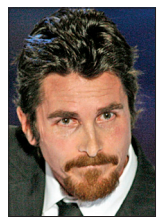
Bryan Borzykowski/for Metro Canada

Darkness reigns

L.A. Batman sequel The Dark Knight soared away with five People's Choice Awards last night including favourite movie and on-screen pairing for stars Christian Bale and the late Heath Ledger to kick off Hollywood's awards season.

Country singer Carrie Underwood, who rose to fame on TV talent show American Idol, was another big winner, hauling in three People's Choice Awards for favourite female singer, country song — Last Name — and star under 35 years old.

Adam Sandler was named funniest male star, Reese Witherspoon favourite female movie star and Kate Hudson top leading lady among winners in more than 40 categories covering film, TV, music and even online entertainment.



Christian Bale

Sandler, Witherspoon and Hudson all echoed a familiar theme of the night by saying People's Choice honours were special because they were voted on by fans.

The Secret Life of Bees was the winner of best film drama and favourite independent film and animated Wall-E was the No. 1 family film.

In the TV arena, House was named favourite TV drama and Two and a Half Men was best TV comedy.

Ellen DeGeneres was named best TV talk show host and Dancing With the Stars was the people's pick for No. 1 competition or reality TV show. **REUTERS**

For a complete list of People's Choice Award-winners visit metronews.ca/entertainment

Eminem, 50 songs hit radio, web

MUSIC There's still no solidified release dates for upcoming albums from Eminem and 50 Cent, but new music from both rappers has emerged in the past 24 hours.

Eminem's Crack a Bottle, which features 50 Cent as well as his mentor Dr. Dre, leaked online Tuesday; an earlier version without the guest appearances had leaked in November, much to the dismay of Eminem.

His first album in more than four years, Relapse, is expected this spring.

Meanwhile, a new 50 Cent song, I Get It In, debuted Monday. Its parent album, Before I Self Destruct, was originally due Dec. 9 but was delayed while the rapper continued recording. **REUTERS**

IntelleVision

Read it at metronews.ca

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

primetime 1/8/09

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (CC)		Doc Zone (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	Name Is Earl	Kath & Kim	All the Good Ones Are Married (2007) Daryl Hannah. (CC)				News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9	CTV	etalk (CC)	Hollywood	CSI: NY "Right Next Door"		Grey's Anatomy (N) (CC)		(:01) ER "Separation Anxiety"		News (N)
	-	-	10	OMNI	The Daily	Frasier (CC)	Smallville "Bride" (CC)		Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11	GTV	Entertainment	ET Canada	Life (N) (CC)		The Office	Billable Hours	The Unit (N) (CC)		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Wanna Bet? (CC)		Eleventh Hour "Frozen"		(:01) Private Practice (N)		News (CC)
	253	359	13	CITY	Law & Order: SVU		Ugly Betty (N) (CC)		30 Rock	30 Rock (N)	Murdoch Mysteries (CC)		Realty TV
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Smallville "Bride" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	CSI: NY "Right Next Door"		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Frozen"		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office	(:31) 30 Rock	(:01) ER "Separation Anxiety"		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	House	Maxed Out
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N) (CC)		Grey's Anatomy (N) (CC)		(:01) Private Practice (N)		KOMO 4 News
	-	-	23	KVOS	M*A*S*H	Seinfeld	The Tailor of Panama ★★ (2001, Suspense) Pierce Brosnan.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	Magnificent Mind at Any Age With Dr. Daniel Amen (CC)				Elvis Lives: The 25th Anniversary Concert			Roy Orbison & Friends	
	290	382	28	FOX	College Football: BCS National Champ. -- Fla. vs. Okla.				Postgame	Family Guy	News (N) (CC)		Family Guy
	-	364	43	PBS	The Human Face "Beauty"		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This-House	Yankee Shop
	296	654	64	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Bad Hair Days
	298	653	65	TLA	Two/Half Men	Two/Half Men	Smallville "Bride" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Bring Wall St	Frasier (CC)	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		Will & Grace	Will & Grace	Late Late Show	
news	502	390	29	NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	World Combat League (CC)		Hockey	Canucks TV	Best Damn Sports Show		Sportsnet Connected		Sportsnet
	400	400	30	TSN	College Football: BCS National Champ. -- Fla. vs. Okla.				SportsCentre	Golf: 2008 World Long Drive Champ.			SportsCentre
	411	457	49	OLN	Bounty Hunter	Dakar Rally	Survivorman (CC)		Mantracker "Rob & Michelle"		Bounty Hunter	Dakar Rally	Survivorman
	410	403	54	SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55	SC	Wrecked	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144	GLF	Extra Time		Gol TV News		Extra Time		Gol TV News		Extra Time
family	552	543	25	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50	TEL	Totally Spies	Total Drama	6teen (CC)	6teen (CC)	Misadventures	Futurama	The Critic	Chicken	Undergrads
	557	541	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5	KNO	Strange Days on Planet Earth		Michael Palin's New Europe		We Built This City "London"		Vertical City	Design e2	Super Kids
	575	583	20	CMT	Hope & Faith	Hope & Faith	Dallas Cheerleaders		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24	MM	Gossip Girl (CC)		Video on Trial	Video on Trial	Brooke Knows	Brooke Knows	MuchTopTens Top videos.		Spotlight
	600	564	29	H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31	A&E	The First 48 (CC)		The First 48 (CC)		The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	32	SPKE	(6:00) TNA iMPACT! (N) (CC)		TNA iMPACT! (CC)				MANswers	MANswers	Disorderly
	521	560	34	TLC	LA Ink (N) (CC)		LA Ink Naheed crosses a line.		LA Ink "Funny Farm" (CC)		LA Ink (CC)		LA Ink (CC)
	616	522	39	SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Starsky & Hutch ★★ (2004) Ben Stiller. (CC)		
	620	523	40	BVO	(6:00) Johnny Tootall (2005)		Law & Order "Bronx Cheer"		Without a Trace (CC)		Follow That Dream ★★ (1962) Elvis Presley.		
	601	562	41	SLC	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Spouses		Biggest Loser
	520	505	42	DIS	MythBusters "Alcohol Myths"		Daily Planet (CC)		Deadliest Catch (CC)		Human Toolkit (CC)		Connected
	522	506	44	HIS	NCIS "Shalom" (CC)		Lost Worlds (CC)		Deep Wreck Mysteries (CC)		NCIS "Shalom" (CC)		Ancestors
	627	528	45	SPC	Ghost Hunters International		Stargate SG-1 "Touchstone"		Star Trek: Next Gener.		Star Trek: Deep Space Nine		Star Trek: Ent.
	294	650	47	TBS	Lara Croft Tomb Raider: The Cradle of Life ★★ (2003) (PA) Angelina Jolie.					Sex and-City	Sex and-City	Lara Croft Tomb Raider	
	619	525	48	TROP	Make	Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52	FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge (CC)		Unwrapped	Secret Life of	Family
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	320	621	60	CEN	(6:15) Poor Boy's Game (2007)		The Secret (2007) David Duchovny. Premiere.			The Painted Veil ★★★ (2006, Drama) Naomi Watts. (CC)			
	581	566	101	MTV	True Life "I'm Deaf" (CC)		MTV Live	After	Next Dates.	Mom & Dad	True Life "I'm Deaf" (CC)		MTV Live
	261	394	102	V	(6:00) When Harry Met Sally...		Poltergeist: The Legacy		When Harry Met Sally... ★★★★ (1989) Billy Crystal. (CC)				Paid Program
	-	-	103	MUL	Matchmaker	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

The Office
When Oscar (Oscar Nunez) informs Michael (Steve Carell) that the office must spend a $4,300 cash surplus or lose it in the next year's budget, Michael opens the floor to suggestions, causing factions to break out and pitting office mates against one another in their efforts to get what they want. Dwight (Rainn Wilson) takes Angela and Andy (Angela Kinsey, Ed Helms) to Schrute Farms to work on their wedding plans. 9 PM on NBC GTV

Kath & Kim
There's good news, and there's bad news. We're not sure which category this falls under. When Kim (Selma Blair) decides she wants to be the new anchorwoman at the local news station, Kath (Molly Shannon) does everything she can to make sure it happens. Meanwhile, Craig (Mikey Day) accidentally hits Phil's (John Michael Higgins) prized car, Little Debbie, then inadvertently gets it confiscated by the police. 8:30 PM on JOY NBC

Milano headed for marriage

Charmed actress Alyssa Milano is engaged to top Hollywood agent, David Bugliari. The pair has been together for over a year, and Bugliari proposed to the actress just before Christmas, according to usmagazine.com. FEMALEFIRST.CO.UK

Celebrity Buzz

I didn't know marriage was fake: Spencer

MARRIAGE Spencer Pratt acknowledges that his marriage to Heidi Montag was fake — but only because he was uninformed, intouchweekly.com reports.

"I didn't even know you have to legalize a wedding," claims Spencer, who tied the knot with Heidi, 22, in a nonbinding ceremony on Nov. 19 in Mexico. "I thought growing up, you say 'I do' and you're married."

METRO NEWS SERVICES

Rihanna sporting rock on finger

RELATIONSHIP R&B sensation Rihanna may be ready to tie the knot with singer Chris Brown.

The pair — who has never publicly confirmed their relationship — performed at Elton John's New Year's Eve bash in London, where Rihanna was spotted sporting fingerless leather gloves that made it easier to see a massive diamond ring on her wedding ring finger.

Brown allegedly popped the question over the New Year, according to Britain's the Sun newspaper.

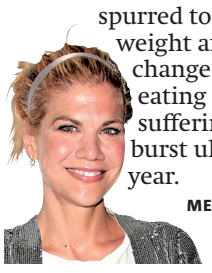
METRO NEWS SERVICES

Weight loss no big deal: Kristen

HEALTH Even though 3rd Rock From the Sun alum Kristen Johnston dropped a 60 lbs., her pal Sarah Jessica Parker didn't get why everyone made such a fuss, usmagazine.com reports.

"She said to me, 'It's so weird all this press is happening to you because you're the only actress I've ever met who doesn't have a body issue at all,'" Johnston, 41, told usmagazine.com at the NYC premiere of Bride Wars.

The six-foot star was spurred to lose weight after and change her eating habits suffering a burst ulcer last year.



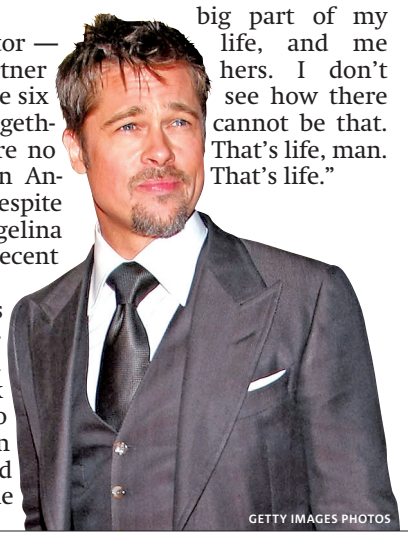
METRO NEWS SERVICES

No bad feelings between Jen and Angie, Brad says

RELATIONSHIP Brad Pitt says ex-wife Jennifer Aniston is a "sweetheart," reports femalefirst.co.uk.

The 44-year-old actor — who lives with partner Angelina Jolie and the six children they raise together — insists there are no bad feelings between Angelina and Jennifer, despite Jennifer calling Angelina "very uncool" in a recent interview.

The website quotes Brad as saying: "Listen, man, Jen is a sweetheart. I think she got dragged into that one, and then there's a second round to all that Angie versus Jen. It's so created. Jen and I still check in with each other. She was a big part of my life, and me hers. I don't see how there cannot be that. That's life, man. That's life."



GETTY IMAGES PHOTOS

Brad also denied claims he and Angelina started dating while he was still with Jennifer, insisting reports they began a relationship on the set of 2005 movie Mr. and Mrs. Smith were false.

He added to W magazine: "What people don't understand is that we filmed Mr. and Mrs. Smith for a year. We were still filming after Jen and I split up. Even then it doesn't mean that there was some kind of dastardly affair. There wasn't. I'm very proud of the way that it was handled. It was respectful."

METRO NEWS SERVICES

George and Paris together?

RELATIONSHIP Life & Style and In Touch are both claiming the "down to earth" Paris Hilton has been cozying up to George Clooney, msn.com reports.

Seems the typically brunette-preferring, two-time Sexiest Man Alive, 47 — who split from Las Vegas cocktail waitress Sarah Larson in May — and Hilton, 27 — who called it quits with "best friend" Benji Madden in November — were twice spotted out together in Los Angeles last month.

The first sighting took place on Dec. 19 at the Whiskey Bar, where George and Paris supposedly chitchatted, downed drinks, flashed their pearly whites and maintained constant eye contact, msn.com says.

"They were laughing and smiling at each other throughout the night," a spy tells L&S, with another adding to In Touch, "They were gazing into each other's eyes and smiling and laughing."

The following night, the implausible pair was reportedly seen breaking bread at Dan Tana's with an eclectic group of stars and friends.

"Paris was flirting big-time," an eyewitness recalls to In Touch. "And George was soaking it up." METRO NEWS SERVICES

Baby stress for Jennifer and Marc

MARRIAGE Solo trips to Las Vegas, public appearances without their wedding rings — what's up with Marc Anthony and Jennifer Lopez? According to those who observed them on a holiday vacation to Puerto Rico, nothing, people.com reports.

The couple, who left for their romantic jaunt on Dec. 26, rang in 2009 poolside at La Concha Hotel, reports the Puerto Rico newspaper El Voce.

People.com says that on their trip, the couple also attended the gubernatorial inauguration and had a cozy dinner together at Marmalade restaurant in Old San Juan.

What's more, a reliable source tells People magazine that Lopez, 39, and Anthony, 40, are seriously considering purchasing property at Trump's International Gulf Club Puerto Rico, where they took a tour over the holiday.

While both their reps tell the magazine that the couple is "great," insiders indicate that their marriage isn't perfect. "They have been having problems, like in any marriage," says one. "They've been arguing."

The likely cause? The growing pains that come with raising 10-month-old twins Max and Emme, people.com said.

"The marriage is experiencing frustrations because of the added stress of the twins," says another source familiar with the situation, "but they will work things out. They love each other, and that will dictate what happens. I don't think divorce is in the picture."

METRO NEWS SERVICES

Britney loses control

PEOPLE It's official: Britney Spears cannot take care of herself. According to Access Hollywood, court papers have been filed giving her father, Jamie, permanent control of her finances and personal life.

Jamie was given temporary control in October. The papers state that Britney "is substantially unable to manage ... her financial resources or to resist fraud or undue influence."

They also describe the singer "is unable properly to provide for his or her personal needs for physical health, food, clothing, or shelter."

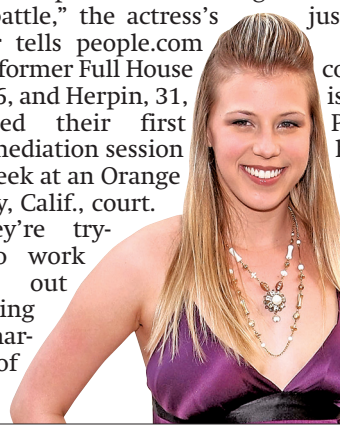
METRO NEWS SERVICES

No custody battle, Jodie hopes

LEGAL Jodie Sweetin and estranged husband Cody Herpin "are working hard to avoid a protracted custody battle," the actress's lawyer tells people.com

The former Full House star, 26, and Herpin, 31, attended their first joint mediation session this week at an Orange County, Calif., court.

"They're trying to work things out regarding the sharing of their child," attorney Wilma Presley says. "As far as reconciliation as a couple goes, in family law, you just never know."



Despite recent court drama, "Jodie is doing very well," Presley adds. "She had a very nice Christmas. She had her daughter on Christmas Eve and morning, and so far, the sharing has been smooth."

METRO NEWS SERVICES

Pink wants to give away ex

RELATIONSHIP Pink wants to give her estranged husband away if he marries again, femalefirst.co.uk reports.

The singer has revealed she and Carey Hart have remained close since they separated last year, and she would support him if he ever decides to commit to someone else.

Pink, 29, said: "I told him that I would give him away at his next wedding."

The couple announced they were planning to divorce in February 2008 after two years of marriage.

METRO NEWS SERVICES

Hathaway hates weddings

PEOPLE Anne Hathaway hates weddings, despite starring as a battling bride in new film, Bride Wars, femalefirst.co.uk reports.

The actress, who split from former fiancé Raffaello Follieri after he was arrested and jailed for fraud, says, "Weddings have never really been my thing. I really have never thought about it. I just want a good husband ... (but) I don't date that much."

Instead, she would rather skip the wedding day charade in the hope of living a happier life.

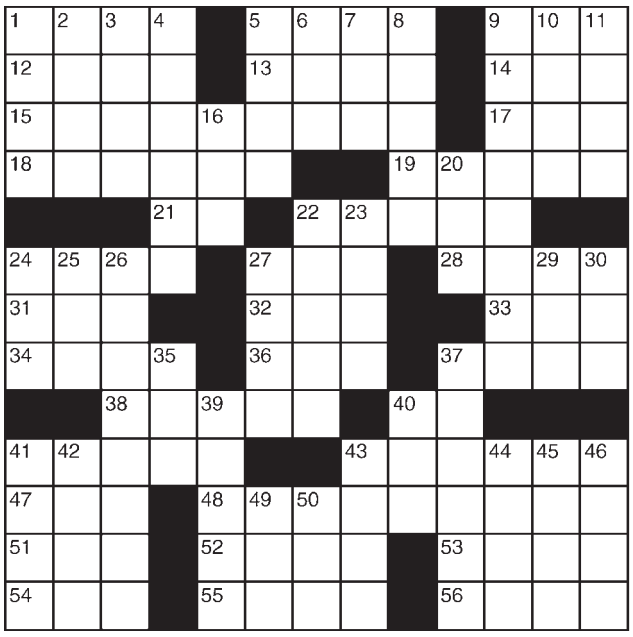
The website notes this comes as a shock, as Hathaway, 28, has appeared in a string of wedding films including Rachel Getting Married, The Princess Diaries 2: Royal Engagement.

METRO NEWS SERVICES

The Weather Network 20 YEARS
TWN incorporates MSC data
Today Showers 40% 7°/ 0°
Friday Showers 80% 4° / 3°
Saturday Rain 100% 4°/ 3°
WeatherEye... Free App Available on iPhone.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Heche or Hathaway
5 Kine
9 Aries
12 "Groovy"
13 "Hi, sailor!"
14 First lady?
15 "Becker" star
17 Part of DJIA
18 Record container
19 Go on all fours
21 Concerning
22 Plant louse
24 Nose
lengtheners?
27 Snake eyes
28 Lummoxes
31 Antiquated
32 Toward the stern
33 Savings acronym
34 Puff
36 Greek consonants
37 Let fall
38 Dynamite inventor
40 Author Milne
41 Dictation taker
43 Not quite
47 Spoon-bender Geller
48 "Deliverance" actor
51 Puppeteer Baird
52 Canal zone
53 Dance lesson
54 Fa-la link
55 Hourglass fill
56 Japanese zither

Crossword down

1 Gospels' follow-up
2 Yuletide refrain
3 Protuberance
4 Respectable people?
5 Chaplin prop
6 Surprise cries
7 Court
8 Simultaneity
9 Famed oilfield firefighter
10 Acknowledge
11 Kitten's remark
16 Rd.
20 "Flying Down to —"
22 Terrible
23 Cookware
24 High-arc shot
25 Under the weather
26 Al Bundy's portrayer
27 Domesticate
29 To and —
30 Tree fluid
35 Took the prize
37 Grayish red
39 Skeleton components
40 Milwaukee product
41 Long lunches
42 Small combo
43 Sleeping
44 Sgt. Snorkel's dog
45 Undo a dele
46 Glitch in print
49 Historic time
50 Cacophony

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4		5			2	7	
2				7		1		3
9				1				
	8	2			6		4	
				8				
	3		7			9	1	
				4				5
7		9		5				2
	5	8			9		6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	P	S	E	■	M	A	P	■	A	C	M	E		
C	O	E	D	■	E	W	E	■	G	O	O	P		
H	O	T	W	A	T	E	R	■	A	L	T	O		
E	L	A	I	N	E	■	E	L	I	D	E	S		
■	■	■	N	O	R	■	Z	I	N	C	■	■		
A	S	H	■	N	E	T	■	P	S	A	L	M		
B	O	O	T	■	D	I	P	■	T	S	A	R		
E	N	T	R	Y	■	P	I	G	■	E	M	S		
■	■	S	U	E	D	■	M	O	D	■	■	■		
O	C	T	A	N	E	■	P	L	A	S	M	S		
S	H	U	N	■	C	O	L	D	F	E	E	T		
L	E	F	T	■	A	D	E	■	F	R	A	Y		
O	F	F	S	■	Y	E	S	■	Y	A	L	E		

5	7	9	6	3	8	1	4	2
1	6	8	2	9	4	3	7	5
3	4	2	1	5	7	9	8	6
8	3	1	5	7	6	4	2	9
7	2	4	8	1	9	6	5	3
6	9	5	4	2	3	8	1	7
9	5	3	7	4	1	2	6	8
4	8	7	9	6	2	5	3	1
2	1	6	3	8	5	7	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pork chops with parsnips and maple pear wedges

INGREDIENTS:
4 lean pork chops, trimmed of fat
2 tbsp (25 ml) olive oil
2 garlic cloves, finely chopped
2 tbsp (25 ml) chopped fresh sage
1/2 tsp (2 ml) fennel seeds, roughly crushed
1/4 cup (60 ml) balsamic vinegar
2 red onions, quartered
4 potatoes (about 1 lb/500 g in total), peeled and quartered
2 large parsnips, peeled and quartered lengthways
1 large pear, ripe but firm
2 tbsp (25 ml) maple syrup

METHOD:
1. Place chops in wide dish. Sprinkle over oil, garlic, sage, fennel seeds and 2 tbsp (25 ml) balsamic vinegar. Turn to coat evenly, then cover and place in refrigerator to marinate for 1 hour.
2. Preheat oven to 400 F (200 C). Combine onions, potatoes and parsnips in large roasting pan. Add pork chops with marinade and turn vegetables to coat evenly. Spread out vegetables in a single layer, with chops on top. Season to taste. Roast for about 40 minutes until vegetables are tender and golden.
3. Core pear and cut into eight slices. Toss in remaining balsamic vinegar and maple syrup. Remove roasting pan from oven and arrange pear slices over chops, spooning over syrup mixture.
4. Return to oven and roast for a further 10–12 minutes until pears are tender. Serve pork chops topped with pear slices and juices, with roasted vegetables alongside.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A commotion forces you to look for an adviser. A bullying fool comes between you and an outsider. You'll enjoy an unforgettable day.

TAURUS
APRIL 21-MAY 21
You'll influence a thoughtful person. A woman will give you a moving response. A relevant call will change your opinion.

GEMINI
MAY 22-JUNE 21
You'll ditch a fruitless task. A thin guy is in a crude predicament. Somebody can help you in a boring situation.

CANCER
JUNE 22-JULY 22
A collector wants to concentrate on the good news. A companion gives you a fine gift. Financial opportunities will gratify a senior.

LEO
JULY 23-AUG 23
An awkward man disputes a change. You'll feel like you're moving the wrong way. Pleasure can be shared with a rebel.

VIRGO
AUG 24-SEPT 22
Keep a straight face when someone asks you to pay. Don't mess around with a miracle worker. A whiny friend needs to see a therapist.

LIBRA
SEPT 23-OCT 23
Someone's attention puts a sparkle in your eye. A friendly employer has a hidden agenda. Unusual risks will be taken by the usual person.

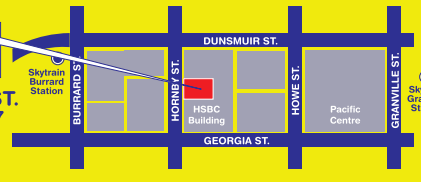
SCORPIO
OCT 24-NOV 22
A wise guy's chatter will exhaust you. Don't make the first move when you're doubtful. A know-it-all wants to make a good impression.

SAGITTARIUS
NOV 23-DEC 21
A woman won't hide her feelings. Someone is just begging for more attention. A thoughtless person will tease you.

CAPRICORN
DEC 22-JAN 20
You'll witness some moments of bad behaviour. A schemer wants to spend time with you. You'll be able to tolerate a lack of sympathy.

AQUARIUS
JAN 21-FEB 18
Something serious takes place. Political issues cause talk of tribulation. A magnetic man will prove to be trustworthy.

PISCES
FEB 19-MARCH 20
A suspicious person has lousy luck. Pay no heed to disgruntled people. You'll find a way to avoid temptation.

BOOK·OFF VANCOUVER STORE SELL & BUY
BOOKS • CDs • DVDs • VIDEO GAMES
A NEVER BEFORE SEEN USED BOOK STORE!


WE MAY NOT BUY CERTAIN BOOKS.
ALL OUR ITEMS ARE CLEAN AND IN GOOD CONDITION!
OPEN 7 DAYS A WEEK, INCLUDING HOLIDAYS • 10am - 8pm

Women's POKER CLASSIC
FEBRUARY 19 -22
CASCADES CASINO, LANGLEY
IN SUPPORT OF THE CANADIAN BREAST CANCER FOUNDATION, BC / YUKON REGION
www.bccasinos.ca
Call 1-877-750-1501 to register today.
bclc Know your limit, play within it. 19+ YEARS

FLIGHT CENTRE Unbeatable
LAS VEGAS CRUISE & STAY
FROM $499
INCLUDES airfare to Las Vegas, 2 nights 4-star accom on the Vegas Strip, airfare to LA, cruise transfer and 3 nights Pacific Coastal cruise from LA to Vancouver. Port charges included.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Cruise price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Transportation related fees, fuel supplements, taxes and GST are excluded. BC REG: #HO2790

Girls just wanna have fun.

BC CASINOS

PRESENTS

Women's POKER CLASSIC

IN SUPPORT OF
THE CANADIAN BREAST CANCER FOUNDATION,
BC/YUKON REGION

OVER $265,000* PRIZE POOL

FEBRUARY 19-22, 2009

CASCADES CASINO, LANGLEY

February 19 – Players' Reception & Social

February 20 – $89,370* No Limit Texas Hold'Em Shootout with Bounties
($270 buy-in + $30 registration fee)

February 21 – $40,000* No Limit Texas Hold'Em Team Event
($400 buy-in + $50 registration fee per team – 3 players per team)

February 22 – $140,000* No Limit Texas Hold'Em Main Event
($400 buy-in + $50 registration fee)

Call 1-877-750-1501 or register at the Cascades Casino Poker Room.
Visit www.bccasinos.ca for more details.

CASCADES CASINO
20393 FRASER HIGHWAY
LANGLEY, BC

* Estimated prize pool based on sold-out events. 2% of prize pool will be deducted for staff gratuities.

bclc

Know your limit, play within it.

19+ YEARS